

Sagamore West Farmers Market

Volume 2, Issue 5

September 6, 2009

West Side Wednesdays

Market News:

- The Market is open every Wednesday, May through October.
- Sales start at 3:00 and must be concluded by 6:30.
- We have numerous produce vendors, most all-natural, featuring fruits and vegetables grown locally, as well as craft vendors.

About the Staff:

Kathleen Mills: Market Coordinator and Grant Coordinator

Ed Yeoman: Logistics Volunteer

Amy French: Newsletter Volunteer

Chris Campbell: Volunteer

Cheryl Kolb: City Representative

Chandler Poole: City Representative

Sandy Smith: Vendor Representative

Janet Broyles: Treasurer

Rachel Witt, Susan Gerard, Robin Pickett: Go Greener Commission Representatives

Vendor Profile: Melissa Fagerstrom, Fair Oaks Farm

Daniel, Melissa, and Lily Fagerstrom, otherwise known as "Team Fairstream," are new to the Sagamore West Market.

Daniel has been *organic* farming for over ten years. After spending a year in college in California, Daniel became interested in growing vegetables. Upon returning to Indiana, he began planting an organic garden himself and learning through experience and independent study. He likes to think of himself as a pioneer in a tapped out world bringing something fresh and new.

He is a raised bed agriculture specialist - RBA - who employs double digging, biodynamics, composting, earthworm farming, remineralization of soil, and mulching. Additionally he is a greenhouse grower. His win-

ter salads are unbelievable.

At a dinner party this past spring, mutual friends linked the Fagerstroms (who were vegetable farmers) with Fair Oaks Dairy (who were looking for vegetable farmers), and a partnership was born. Daniel and Melissa moved from LaPorte County to Fair Oaks Farm and began constructing a model double dug raised bed garden and growing without the use of pesticides or chemicals. They specialize in "micro-farming" with many varieties of tiny vegetables. Heirloom tomatoes, potatoes, snapdragon bouquets, unique

salad mixes, and asian greens are a few of the things they offer,

Check out their stand and see! Then go visit the new Garden at Fair Oaks Dairy Farm! Where children can pick radishes, carrots, and cherry tomatoes right out of the garden!



Early Fall Produce

September brings its own bounty to the farmers market as harvest season begins. Among the items available:

- Melons: musk, watermelon, honey dew
- Broccoli and cauliflower
- Squash, zucchini as well as the first of the winter varieties such as butternut
- Many varieties of greens and lettuce
- APPLES! Cider, cooking apples, eating apples, apples galore.
- Tomatoes, onions, leeks, eggplant
- Peppers: sweet and hot





Farmer's Market Recipes: Minestrone Soup (Trudi Wildfeuer)

1 lb. dried small white pea beans, soaked overnight, rinsed and drained.
 3 T olive oil
 3 medium onions, diced
 3 leeks, well washed and diced
 8 ribs celery, diced
 2 T tomato paste
 1 lb lean beef, cut in cubes
 4 cloves garlic, minced
 6 carrots, sliced or diced
 6 zucchini, sliced or diced
 6 ripe tomatoes, peeled and chopped
 4 potatoes, diced
 1/2 small cabbage, shredded
 8 cups beef broth
 1 10 oz. package frozen peas
 1 cup small pasta (stars, orzo,

macaroni)
 1 cup chopped fresh parsley or basil (alone or combined)

Place beans in a large pot and cover with water. Cook slowly, uncovered, until tender, about 1 1/2 hours.

Meanwhile, heat oil in a heavy, large pot and sauté onions, leeks, and celery until soft. Add tomato paste and beef and sauté 3-5 more minutes. Add garlic, carrots, zucchini, tomatoes, potatoes, cabbage, and beef broth. Season to taste. Add beans, peas, pasta, pars-

ley and basil. Simmer until pasta is cooked but not too soft.

This makes 12 servings, but it freezes and reheats well. A great way to capture some of the freshest vegetables for later winter dining.



"Soup for Supper" Collection at Market

Barb Lefevers and Brenda Strantz, along with some other volunteers, have begun collecting supplies for the "Soup for Supper" Program at the Farmers Market. This program is part of Food Finders.

"Soup for Supper" has a goal of providing child-friendly dinner options to children in need throughout Tippecanoe County. These items are intended for students to

cook for themselves, since many don't have a parent home after school.

You will find Soup for Supper volunteers manning the information booth at the market most Wednesdays (and there will always be collection available). They assist us with selling soda and water in exchange for the space to collect for the program.

The wish list for this program is extensive, but if you are interested in donating, here are some possibilities:

- peanut butter
- 100% fruit juice
- Soups and stews
- Macaroni and cheese
- Canned fruits
- Canned vegetables
- Canned meats
- Meals in a box



Staying "Lean and Green"

Please stop by the Go Greener Commission "Green-ask" and see what's new! They are accepting many difficult to recycle items such as florescent lights, batteries and Nabisco snack mylar bags.

We are hosting some special events this month, including:

September 9: The Whiskey

Runners will be performing at the market

August 16: Grill Demo and Wabash Runners 5K

August 23: The West Lafayette Public Library will be at the market.

August 30: Harriet Coppoc, flutist, will be performing. Also

the Coalition for Living Well after 50.

